

With Winter Approaching

Puretest

MALT and COD

A pleasant tasting vitamin Food medicine. Rich in natural A-B-D-G Vitamins so necessary for the health of children and adults.

1-Lb. jar ... 60c 2-lb. jar

Highest Potency

Halibut Liver Oil Capsules

85c Per box of 100 \$1.50 Per Vial of 50

Ormes Ita. The Proneer Druggists

Phones: 81 & 82 The Revall Store Open Daily From 8 a.m. till 10 p.m. Sundays and Holidays From 12 noon till 2 p.m.

7 p.m. till 9 p.m.

The Central Hotel

ROOMS and CAFE Phone 51 For Best Household Coal MRS. C. E. BLACK

Fresh Local Raw And Pasteurized Milk VALENTIN DAIRY PHONE-657

LOCAL NEWS NOTES

Canadian Legion B. E. S. L. o'clock.

Charles Graham, inspector of tala for a trip to Stewart. mines, left on the Catala Sunday night for a trip to Stewart or official duties.

Clem Houldsworth of Stewart has Port Simpson. received the appointment of customs officer at Stewart in succession to the late John McMillan who died recently.

Mrs. Watt's dancing classes for specialize in Dry Cleaning only. nildren Sat., October 16th at 2 p.m. Class for adults every Thursday at p.m. Step dancing by appointment. Phone Blue 322.

Miss M. E. Campbell, who is member of the Port Simpson Hos- today returning north. Mr. Morrice pital nursing staff, was a passenger motored 8000 miles through Canaboard the Catala yesterday after- ada and the United States while noon going through to Vancouver away. accompanied by her mother.

Quick Easy Way to Get Charm

Girls who don't attract boy friends wonder

why. Beautiful, perfect features are not

the reason. Cleopatra and famous women

were often ugly. Have nice skin, plenty of

animation, and watch out for your figure-

you'll be surprised how popular you are. So

many girls have poor complexions no life-

their figure slipping, and don't realize it.

Take "Fruit-a-tives" and you'll soon be

amazed how different and how attractive

you've become. It purifies your blood,

makes the skin pores work, gets rid of waste

and poisons, gives you new energy, prevents flabby tissue from forming. "Fruit-a-tives"

FRUIT-A-TIVES LIVER TABLETS

The Prince Rupert Gyro Club was

in regular monthly business session

at today's luncheon. President Dr.

H. N. Brocklesby was in the chair

and there was a good attendance of

were passengers aboard the Catala

yesterday going through to Van-

The B. C. Gazette announces

W. Rudderham, H. J. Smith and

members.

gives you new charm. 25c., 50c.

blouses. Mayfair.

half - yearly meeting tonight 8| Father Gordon, parish priest of (238) the Roman Catholic Church here, sailed Sunday night on the Ca-

> John O. Williamson returned to the city on the Catala Tuesday morning from a business trip to

NOTICE

Everson's Ideal Cleaners wish to announce they have no connection whatsoever with any laundry. We

James Morrice of Stewart, who (238) has been visiting in Ottawa, New York and elsewhere in the south, is here aboard the Prince George

Announcements NO BOY FRIENDS

All advertisements in this column vill be charged for a full month at 25c a word.

Presbyterian Tea, Mrs. R. W. Cameron, Federal Block, October

United Anniversary Supper, Oct.

W. A. Canadian Legion Bridge October 15.

Anglican Girls Tea, Mrs. Gibson's, October 21.

Parent Teachers teléphone bridge, Friday, October 22.

C. C. F. Bazaar, October 23.

Toc H. Tea, Thursday, Oct. 28,

Hill 60 Tea October 29.

R. C. Parsons sailed Sunday night on the Catala for a trip to Stewart. Gyro Hallowe'en Masquer a de Mr. and Mrs. H. J. McDonald, who Dance, October 29. have been residing at Alice Arm,

Baptist Tea, November 3.

Hyggas Bazaar, November 4.

Presbyterian Bazaar, November 4.

appointment as provinciai elec Sonja S. O. N. Bazaar, Novemtions commissioners for Prince ber 12.
Rupert of Mrs. Eleanor Barber, ber 12.

Moose Carnival, November 17, 18, Arthur Evans, Oscar Larsen, G. 19.

Alexander Wylie, all of Prince Toc H. Tea, November 24. Rupert, and A. O. Morse of Jap Cathedral Bazaar November 30.

day evening aboard the steamer James is mine superintendent at family. Prince George enroute to Vancou- Big Missouri. ver. Mr. Erickson is interested in the well known Rufus-Argenta min-Moose Meeting Tonight. (238), Just received new shipment of ing property in the Portland Cantf. al district.

> Mr. and Mrs. Ted James and son Catala Sunday night after a brief visit to the city. Mr. and Mrs. James Prince George this morning and, the about the Princess Louise this morning and, the about the Princess Louise the city from the south on the this morning returning north after a business trip to Vancouver.

Rev. C. D. Clarke, former pas tor of First United Church here ment and now in charge of the opand now supplying for a year in eration of a mining property on the pulpit of Victoria West returned to Big Missouri on the Church in Victoria, arrived in here aboard the Princess Louise

Mr. and Mrs. B. O. Erickson of recently celebrated their twenty- on his return south, will be ac Stewart will be in the city Thurs- fifth wedding anniversary. Mr. companied by Mrs. Clarke and

> George A. Clothier, for many years resident mining engineer here for the provincial govern-Chicagoff Island in Alaska, was



JOE: "That's the best bread I've ever tasted."

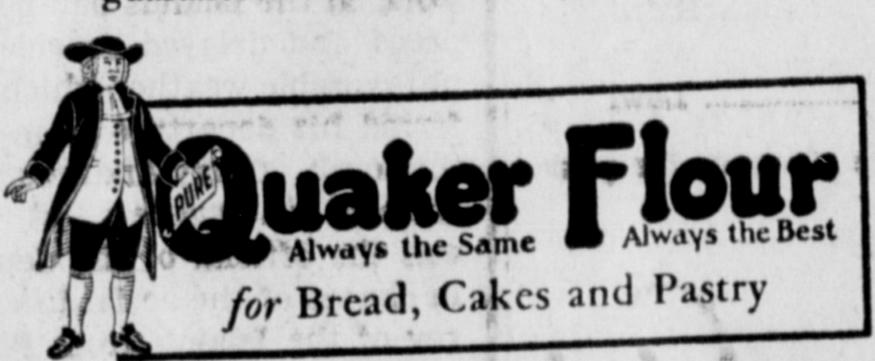
LILLIAN: "And it's the easiest l've ever made. It only took half the time and quarter the effort."

BAKING BREAD MADE EASY BY QUAKER METHOD

Just send the coupon below—and learn how you can make bread and rolls in half the time - with quarter the effort -with Quaker Flour and "The Quaker Easy Method of Baking".

Just think! No kneading. No overnight setting. No expensive failures.

Quaker will give you a new idea of flour quality. It's not just ordinary flour-but is especially milled by The Quaker Oats Company to meet the demand of Canadian housewives for a better, finer, all-purpose flour. It's guaranteed the best flour you can buy.



WESTERN WOMEN AND MAKE BETTER BREAD THE EASY QUAKER WAY

- O"I wish I'd known about this marvellous method years ago. With The Quaker Easy Method of Baking, I find I can make more delicious bread and rolls in half the time, with half the trouble." — Mrs. A. H. Ellioth Edmonton, Alta.
- O"The Quaker Easy Method of Baking with Quaker Flour is so simple ... so quick. I wouldn't think of using any other method, especially when I get much better results, with half the time and trouble."-Mrs. W. Metheral, Weyburn, Sask.
- O"The Quaker Easy Method of Baking with Quaker Flour is the greatest work and time saver I've ever tried. It's so simple, anyone can make delicious bread and rolls quickly and without chance of failure."-Mrs. W. Dobson, Prince Albert, Sask.

Valuable Baking Book FREE The Quaker Oats Company, Dept. L-67 Saskatoon, Sask.

Please send me copy of booklet "The Quaker Method of Easy Bread Baking."

Dealer's Name

"I never dreamed electric cooking could be so FAST"

> Many women think of electric cooking as slow, yet a modern electric oven heats to baking heat in a very few minutes. And, what's more, electricity KEEPS the oven at exactly the temperature you want for as long as you want it. Take bread-making, for instance . . . many recipes say to bake bread for 15 minutes at 425°, then 45 minutes at 375°. An automatic electric range can do that for you. All you need to do is put your pans of dough in the oven, set the controls and forget you are baking! Your electric range NEVER forgets. And that's only one advantage of electric cooking. A very important feature is economy . . . by actual test you can cook with electricity for less than half-a-cent per meal per person. Let us tell you more about electric cooking.



You actually turn time into money when you bake at home with an ELECTRIC RANGE - we can install one in your kitchen NOW on easy terms.

and it's

· SAFE

. COOL

· CLEAN

CONVENIENT TIME SAVING

DEPENDABLE

and MODERN

Electric Cooking is FAST and ECONOMICAL

Northern British Columbia Power Company Limited



Trans-Pacific

Transcontinental Trans-Atlantic

To Vancouver via Ocean Falls and Way Ports

Princess Adelaide every Friday, 10 p.m. To Vancouver Direct

PRINCESS NORAH

PRINCESS LOUISE Oct. 6th 17th. Oct. 29th.

Connection at Vancouver with Canadian Pacific Services Tickets and Reservations from

Prince Rupert, B.C. L. COATES, General Agent

The source of Sunshine Vitamins A and D

Boiled Halibut with egg sauce is digestible, palatable, satisfying.

STORAGE CO. LTD.

Prince Rupert, B.C.